

A close-up photograph of a woman with long, dark hair and a white top, applying a thick, green facial mask to another woman's face. The woman receiving the treatment has her eyes closed and is leaning back. The background is a bright, possibly indoor setting.

FEBRUARY 2009

Facets

**What
makes a
relationship
work?**

Pampering
*It's good for
the soul*



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WELCOME TO Facets

Facet - 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.

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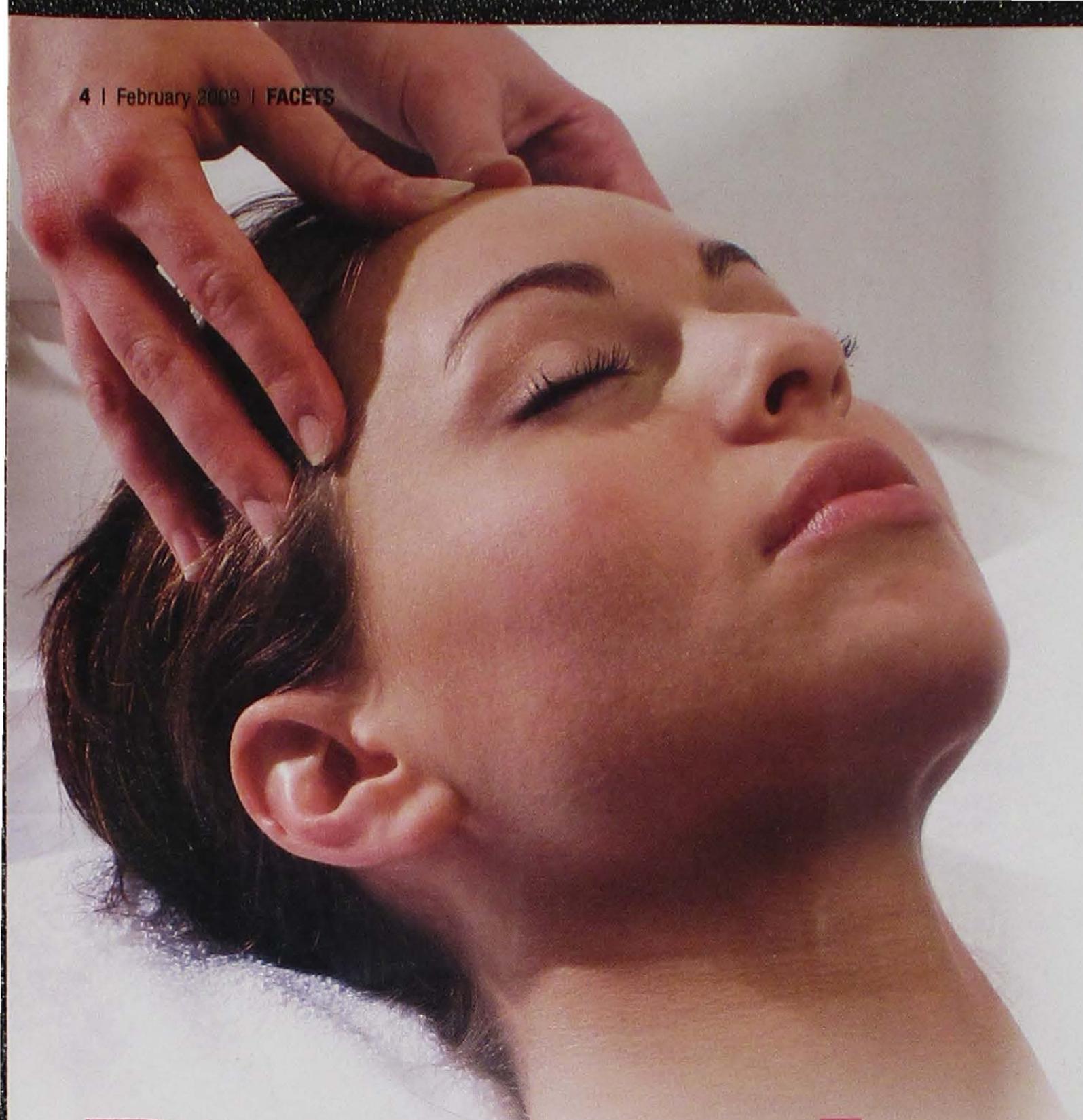
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Pampering is good for the soul

By MARY HALSTRUM
Facets Editor

After nearly nine years together, my husband knows that when it comes to Valentine's Day, he can keep the flowers, the chocolates, the special dinner; they're just not my thing. What I really want/need is a gift certificate for some good old-fashioned pampering at one of the several local spas. And don't get me wrong, I love chocolates. Who doesn't? And I can certainly appreciate the beauty of a nice bouquet of flowers. And anyone who knows me will tell you I've never met a food item I didn't like. But given the choice, a good massage will win out every time.

My affinity for massages started shortly after moving to Southern California 12 years ago. I lived in Palm Springs, and soon found that having a massage wasn't only reserved for the well-to-do. Everyone was getting them, my friends, my co-workers. Having a massage was reasonably affordable and could even be scheduled during my lunch hour. So began my love affair with massages. And what's not to like about getting a massage? Massage promotes relaxation. In fact, it's all about relaxing and making the body feel better.

If your pocketbook is a little light due to the economic downturn and a spa visit isn't in your budget right now, fear not. Just head on down to your local book store, grab one of several good books on massage, study up, and then trade massages with a more personal touch with your partner. Note to those with little ones, some books about massage are more explicit than others.

Following is my Valentine's Day wish list:

massage

Swedish massage is the most commonly offered and best known type of massage. It was developed by a Swedish physiologist, Henri Peter Ling at the University of Stockholm in 1812. It uses a firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and creates relaxation.

Swedish massage employs five different movements:

- Long, gliding strokes
- Kneading of individual muscles
- Friction
- Hacking or tapping
- Vibration

The therapist nearly always uses massage oil to facilitate making long, smooth strokes over the body. Swedish massage is done with the person covered by a sheet, a technique called "draping." One part of the body is uncovered, massaged, and then covered up before moving on to another part of the body.

Swedish massage is the foundation for other types of Western massage, including sports, deep tissue and aromatherapy.

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions.")

Couple's massage is a great gift idea for Valentine's Day. Not every spa, especially smaller day spas will offer couple's massage.

Couple's massage is a great way to introduce a partner who has never gotten a massage before in a way that makes them feel more comfortable the first time. Some men are apprehensive about getting a massage, and to have their wife or girlfriend there is reassuring. My husband and I got a couple's massage for Valentine's Day 2004, and we both enjoyed it.

facials

Facials are the second most popular spa treatment, after massage. They promote clean skin through deep cleansing and a treatment that addresses your specific skin type. A facial cleans, exfoliates and nourishes the skin to promote clear, well-hydrated skin.

A facial involves a few basic steps:

- Cleansing.
- Skin analysis, where the esthetician puts eyepads over your eyes and looks at your skin through a brightly lit magnifying lamp.

- Exfoliation, usually while a steam vapor is directed at your face.
- Extraction of blackheads if you want it and it's suitable for your skin type. (It can cause broken capillaries and discoloration if done on sensitive skin, or done improperly.) People have different pain tolerance for extractions. They can be uncomfortable, especially on thin or ruddy skin.
- Facial massage to relax you and stimulate your skin and facial muscles.
- A mask targeted to your skin type (dry, oily, combination, sensitive, mature.)
- Application of toners and protective creams.
- Advice on home skin care.

A facial is given by a licensed esthetician with special training in skin care.

You should get a facial every four to six weeks because that's how long it takes the skin to regenerate.

microdermabrasion

Microdermabrasion is a non-chemical, non-invasive procedure that uses a spray of microcrystals to remove the outermost layer of dry, dead skin cells and reveal younger, healthier-looking skin. Microdermabrasion also encourages the production of a new underlying layer of skin cells with higher levels of collagen and elastin, which further improves your skin's appearance. Microdermabrasion is much gentler than

dermabrasion. Dermabrasion is a more intensive procedure used to treat deeper facial lines, extreme sun damage and scars.

In general, good microdermabrasion candidates are adults who are in good physical health, with realistic expectations for the outcome of their treatment. People who do not have enough available time to undergo more invasive skin resurfacing treatments such as dermabrasion, laser skin resurfacing, or chemical peels may also be good candidates for microdermabrasion.

The cost of microdermabrasion depends on factors such as the amount of microdermabrasion a patient needs, the number of treatments, the fees of the treating physician, and the geographic region where the treatment is administered. The cost of microdermabrasion is less expensive than that of some other cosmetic options for facial rejuvenation, particularly surgical procedures such as a face lift.

Microdermabrasion is a safe, non-surgical, "lunch hour" procedure that provides many benefits. Microdermabrasion reduces or eliminates fine facial lines, wrinkles, and other signs of aging; it improves the appearance of acne scars and other light scarring; and it gives skin of all colors and types a fresh, healthy-looking glow. It does all this with virtually no side effects. And because microdermabrasion uses non-allergenic crystals to treat the skin,

it is an excellent treatment for skin that is sensitive to chemicals. Microdermabrasion does not present any serious risks when it is performed by a qualified provider. Some people may experience slight skin irritation after microdermabrasion. Since everyone's skin and health history differ to some degree, the risks and benefits of microdermabrasion must be considered on a case-by-case basis.

In a microdermabrasion procedure, the dermatologist or cosmetic surgeon uses a handheld device that sprays fine crystals onto the surface of your skin, providing gentle abrasion, or "polishing," to remove the outer layer of old skin cells. Each treatment takes about 30 minutes to an hour and five to twelve microdermabrasion treatments at two- to three-week intervals are recommended for optimal results.

Microdermabrasion is often called a "lunch hour" treatment because it's a quick procedure that can be performed at a doctor's office during your lunch hour with little or no discomfort. The treated skin may be pink after the treatment, but this will usually fade within a few hours. You can apply makeup soon after undergoing microdermabrasion to conceal any visible signs of the treatment. Microdermabrasion recovery and results are among the most favorable of all the noninvasive facial treatments available today.

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Help for friends

By JANE M. ZANTOW

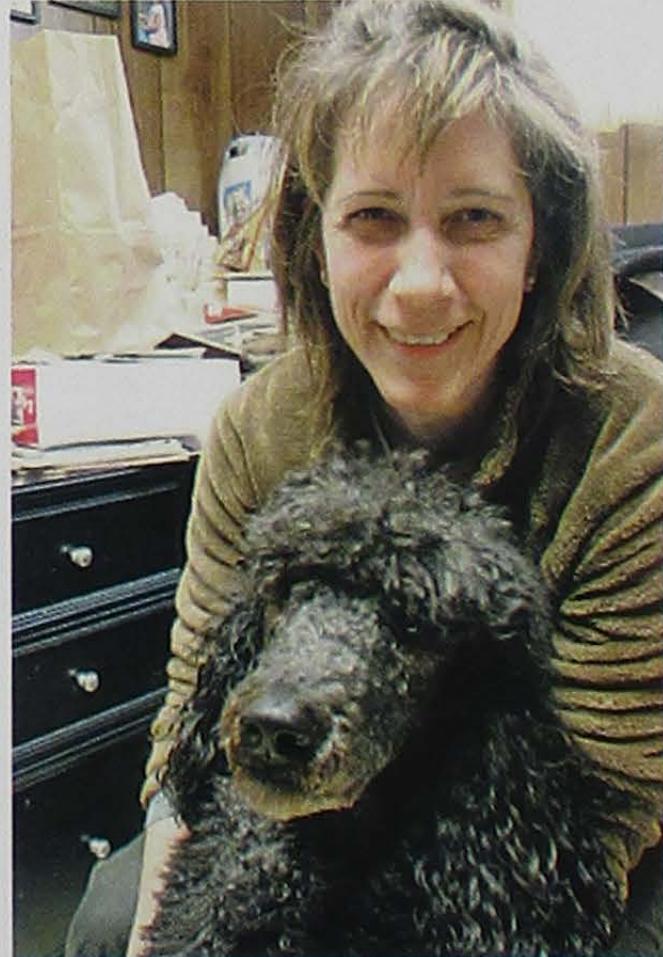
The new movie "Marley and Me" tells it all. "You loved us every day no matter what," John Grogan says to his old and dying yellow Labrador retriever, Marley. How could such a strong love be forgotten? Watching the movie, or reading the book by the same title, convinces us that it cannot. The warmth of a true friend lingers forever.

Liz McClure, veterinarian, sees true friends come through the doors of her veterinary clinic. Nearly every weekday after noon the place is packed with a variety of clients. From large to small, with the concerned owners waiting their turn. Each dog or cat, puppy or kitten, gets the attention they came for.

Warm, caring and with a listening ear, Dr. Liz not only relates well to animals, but she relates well to people. Welcoming me into her little office, she politely scoots away her large, black standard poodle, Cole. I ask if he can stay, and she says, "Sure!" Cole settles between us and listens in.

Liz has been practicing as a licensed veterinarian for 9 1/2 years doing clinical work. She received her degree through Ross University, spending 28 months at St. Kitts in the Caribbean. She finished at the University of Purdue in Indiana. She has been at the Boone Veterinarian hospital for 2 1/2 years. Add to that the time spent working in kennels, or as a receptionist, technician, or in emergency small animal clinics since age 15; clearly Dr. Liz McClure understands the emotional relationship that grows between pets and their owners.

Facets: "Do you see close relationships develop between pets and their people?"



Liz McClure with her poodle, Cole.

Dr. McClure: "Oh, yes. From two- and three-year-olds all the way on up to the elderly, and everywhere in between – with dogs and cats."

I ask if she sees birds, reptiles and the like come in and she says she treats mostly

cats and dogs. She doesn't have any birds for clients, but she does see what are called "pocket pets." Pocket pets are the guinea-pig, hamster and mice side to veterinary life. She finds these are mostly on a child's level.

Facets: "Is there ever a danger in animals becoming too important to owners emotionally?"

I think of my best fur-faced friend who is a Welsh Pembroke Corgi named Arrow, as well as my daughter's cat, Essie, who plays the piano when there is a little excitement in the air. I can't imagine life without them.

Dr. McClure: "If there is a significant job or relational loss ... When that animal gets older or sicker it is hard to let go. The process of letting go takes longer."

Facets: "I'm sure that dogs will be there in Heaven, aren't you?" I ask simply to comfort myself and can't help but glance over at Cole and pet him.

Dr. McClure: "There's a wonderful children's book called 'Dog Heaven' by Cynthia Rylant."

Facets: "I've read it! I love it!"

Dr. McClure: "I've used this with my own kids and recommend it to others who have lost a pet."

The first page of 'Dog Heaven' reads: 'When dogs go to Heaven they don't need wings because God knows that dogs love running best.' It is a brightly colored, humorous book filled with the idea that God has a place for those critters we have loved on earth. Rather than such a final goodbye when they die we can hope to see them later. The connection between our fur-faced friends and bringing an appropriate balance to such affection makes me wonder. Today we have mega pet stores and online communities that feature pets stating their favorite toy, treat and activity. You can even write a blog about your pet and upload photos as if it were a pet-Facebook of sorts. And sadly, taking it to the other extreme, we sometimes expect so much from them that we neglect them, thinking they don't have needs. After all, they can't really tell us with words.

Facets: "How can pet owners bring a better balance to responsible pet care?"

Dr. McClure: "You mean give back?"

Facets: "Yes."

Dr. McClure: "Fresh food and water and a warm, dry place. I worry about the elderly being able to walk their dog in the winter, but that is when we can find more indoor activities for them. It's so easy to give back to them because they don't ask for much. It's very easy to please them."

Facets: "Are there any particular kinds of pets that people become closest to?"

Dr. McClure: "You know, some people are absolutely close to their dogs and some

people are very close to their cats. I don't think it makes any difference. We have one client who comes in the clinic to care for his cats and then goes back to the kennels to love on all of the cats in our kennel. Some people prefer the attitude of cats. Cats can be so aloof and yet people attach strongly to this. It suits them just fine that their cat is so independent. I see people bond to both."

I wonder out loud about how this relationship stuff happens.

Facets: "Does the simple act of caring for our pets bring this close relationship?"

Dr. McClure: "Well, everything is so unconditional for them. Even in situations where animals have been abused you see how they still respond positively to their owner. They

don't ask for much, and when they get something it's like Christmas. The fact that they don't ask for much is the charm."

Facets: "How many smiles per day would you guess that an average pet brings to a home?"

Dr. McClure: "Oh, boy! I couldn't even tell you. Hours and hours! I have clients who turn off the TV just to watch their animals. For some people it is comforting that their pets just sit by them."

Facets: "Animals have given us so many incredible benefits. They are known for rescue stories or used as guides for the blind. They are even known to help lower blood pressure and alert people before they are

going to have a seizure. Can you think of any particular heroic story?"

She recalls an elderly neighbor who was given a little Bishon mix.

Dr. McClure: "The owner had never had pets growing up and after having it for some time said,

"I didn't know I could love a dog this much."

Truly, the unconditional love our pets give is heroic. Dr. Liz McClure is one of the many people who help us with our pets. She sees the bond that grows between us and encourages us to take good care of them. When the benefits are so big, it is an easy friendship all around.

It's the Pheromones, Silly

By KATHY L. P. COOK, M.D.

It's February and romance is in the air or is it? Ever wonder what attracts us to some people more than others? Some say blame it on pheromones. What exactly is a pheromone? Good question because scientists can't even agree on a definition. Some define it as "ectohormones," which are substances that work between individuals in much the same way that testosterone and estrogen work within them.

Scientists differ in their interpretation of research, but the middle ground would consider that humans like many animals use chemicals to communicate. Research has shown pheromones are present in underarm secretions. Two hormone-like substances, androstadienone and estratetraenol, have been identified. Some researchers feel that there is evidence to support these chemicals trigger responses of making women and men more attractive to the opposite sex. Functional MRI brain imaging shows the human brain responded to androstadienone even when subjects were unable to smell it. Ultimately, whether there are human pheromones will depend on linking specific chemicals to specific behavioral or psychological responses.

Eager to jump on the latest discoveries, companies now sell perfumes with added pheromones. However the female sensitivity to male pheromones has been over simplified. It was shown in one study that the pheromone could be detected only as far away as 18 inches. In a crowd someone wearing a pheromone would not be likely to attract a specific person and has been shown to be attractive to men as well as women.

In humans it is debated how



pheromones are detected. Animals have an area in the nose called the vomeronasal organ (VNO) which detects pheromones. The VNO has not been found in humans. Our sense of smell is due to a postage stamp sized area in the nose that contains millions of olfactory receptor neurons. Due to the ability of these neurons to bind to odors in specific patterns, we can recognize thousands of different smells.

On tests of smelling ability, women consistently score higher than men. Women's sensitivity to musk, a common ingredient in perfumes, is 1,000 times

higher than in men. Perfumes with musk are more likely to smell good to another woman than to other men. But by making a woman feel sexier, the perfume can affect her behavior making her more attractive to men whether there are added pheromones or just an ordinary perfume.

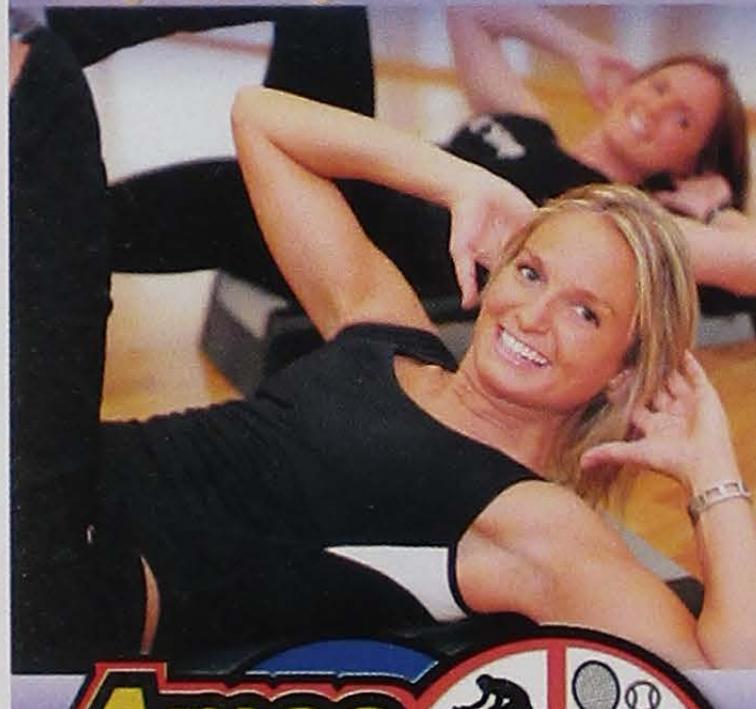
This Valentine's Day enjoy the smell of roses or whatever smells good to you and marvel at the complex sense of smell and how we are attracted to others.

Kathy L. P. Cook, M.D., Board Certified Dermatologist, Skin Solutions Dermatology.

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Relating your **MIND** with your **BODY**

By DEBRA ATKINSON, MS, CSCS

Mind-body fitness is not new news. It is, in fact, establishing itself as a component of fitness. Fitness is more than a physical attribute. Let's face it; there are many fit people who are empty and drained of spirit. Finding the mind-body-soul connection with exercise is the goal of many this year.

Fitness that encompasses all three components is sought by more and more exercisers, wise to the fact that what they've tried in the past has not worked. They heed the advice: slow down to speed up. Jumping head first into an exercise program for the purpose of weight loss, or avoiding the same because though health suggests it's needed, you fear discomfort or embarrassment. Neither one are appealing choices. The idea of slowing down to contemplate what you truly want as a result is the best.

Moving with extremes of intensity or withstanding massive amounts of weight in resistance training might have been your approach at one time, or suggested by an overzealous fitness instructor, but moving slowly yet deliberately into the right exercise program is both more desirable and sustainable. Exercise is a necessity. The body needs to move and it needs to move in such a way that it can release pent up stress and toxic substances and hormones that accumulate from emotions without a proper release.

"Slow down to speed up" may be interpreted by you as taking the time to choose wisely just what appeals to you, just what is realistic that you will continue to do. It may literally mean starting slowly rather than with great speed or intensity relative to your ability. Most of life outside your doors goes at mock speed. Slow down and find the right path so that then you can speed along it. When you have a long distance to travel jumping in without looking may seem logical. While procrastination isn't the answer, making sure that the choices you make lead you toward permanent change will reinforce the most important relationship that you have, with yourself.

The prevalence and proof of mind-body fitness at work around you is abundant. Cancer survivors almost all report they have tried alternative medicine of some kind. The most widely used is prayer and meditation. Sometimes these are done alone and sometimes in combination with activities such as yoga or even cardiovascular exercise. The physical body healed somehow better when not only the medical therapies were observed but the emotional connection was present.

When optimism is present, many doctors believe that healing has greater potential. Spirituality is tied to optimism and the belief that there is something greater and life has purpose. Deepak Chopra's "Quantum Healing" is a perfect representation of medical support of spiritual healing.

Teens at risk are identified as those who have a lower self-esteem and poor body image. They are not the only ones affected. Women of all ethnicities are especially vulnerable. Poor body image results in depression, disordered eating, anxiety disorders, and the willingness to go to unhealthy lengths to alter their bodies and appearance. Fitness-inducing exercise is known to enhance self-esteem and influence positive mood and personality changes. Few fitness professionals can not testify to the fact that clients they have worked with have evolved during the course of their exercise journey.

Forms of exercise including NIA, a self-expressive dance fitness experience, and those with fewer mirrors that seek to have exercisers internalize the experience rather than to compare or to seek perfection may inspire you to find a better mind-body connection. Finding your own "happy place" during cardio with music or peaceful quiet alone may help you connect with a more intentioned workout, and with yourself.

The one relationship that is most important to you your entire life is the one with yourself. Fine tuning your physical, your mental and your emotional health is the key to optimizing this relationship. Physical health has a huge impact on mental and emotional health. Simply finding an exercise prescription that will enhance your endurance, strength and flexibility is not enough to connect. It may however, start you on the path.



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Healthy RELATIONSHIPS

By AMY CLARK, RD

Many people probably think ... how can food possibly help with relationships? You probably already incorporate food to help relationships, whether it's concentrating on your relationships with family, friends, your significant other, co-workers and the community. Here are specific ideas of how you can start building stronger relationships through food and nutrition.

No. 1: Cook at home to build family relationships.

When you cook at home, wonderful things happen to your family. Friendly conversations nurture relationships. You can exchange ideas, find out what's important in each other's lives and check how everyone is feeling. Turn off the television and concentrate on the family dynamics. Strengthen the family ties. Pass on family traditions. Ease the burden on busy parents and promote responsibility by enlisting the help of your kids. Involve them in meal planning and food preparation, as well as setting the table and doing the dishes.

No. 2: Create a simple meal to share with friends or family.

Whether a family member or a dear friend is having surgery or is expecting a baby, setting up the delivery of hot, delicious meals is a thoughtful gesture that's always appreciated. This is a good way to let that person know you care about what he/she is going through and you are there for him/her. Be sure to ask the potential recipient about any possible food allergies, food preferences and the best date and time to deliver the meal. Work on providing variety as you plan the meal, focusing on incorporating foods from all the food groups. Be sure to make an extra portion(s) for you and your family to enjoy.

No. 3: Have a girls' night out ... but stay in and try a girls' monthly cooking club. Many people have a night set aside just for the girls. Many times those nights consist of eating out at a bar and grill, visiting the local bar for karaoke or a movie. Next time, think outside the box. For one friend, or a group of friends, suggest setting up a monthly cooking club. To get this started, join together to plan the meal, go shopping and pick someone's kitchen to start the fun of preparing and cooking the meal. This is the perfect opportunity to catch up on what's been going on in everyone's lives. And during these hard economic times, this get-together will cost you less than eating out and you get to pick the nutrients you put into your body. Try new foods that you normally wouldn't try — different types of fish, whole grains, fruits and vegetables. For another twist, choose a theme for each month, such as "A Little Bit of Italy" for the Italian food lovers or "South of the Border" for Mexican food. Here is a recipe to get you started:

Ginger and Brown Sugar-Glazed Salmon

Serves 4

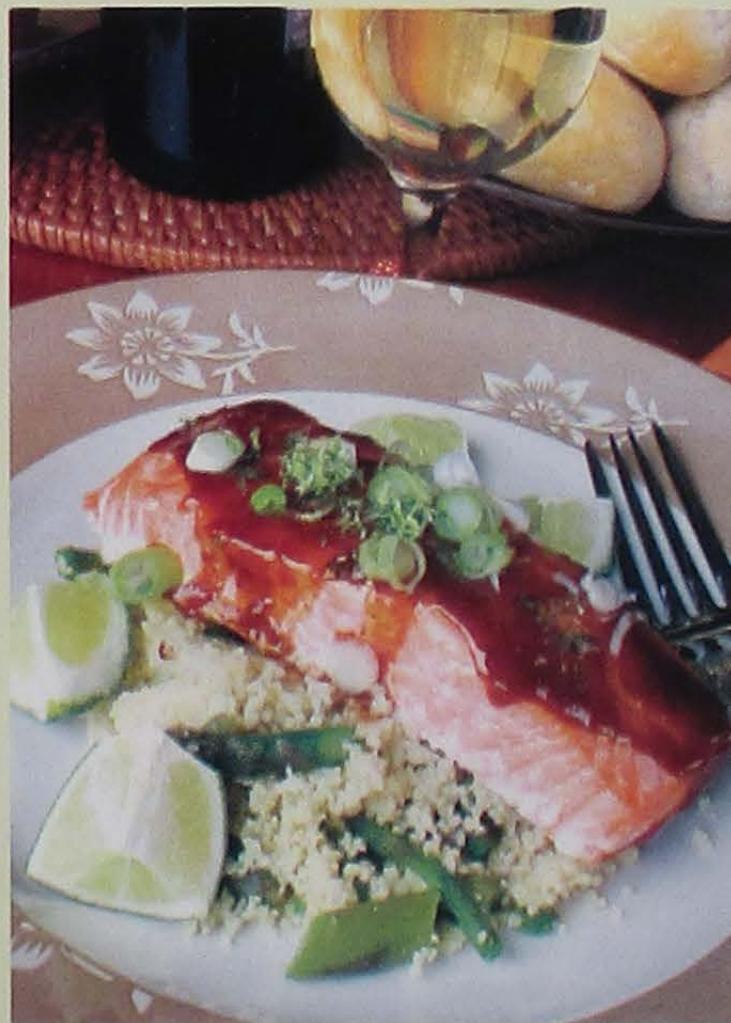
All you need:

1 tbsp dark brown sugar or Splenda	4 (approximately 4-oz each) salmon fillets
brown sugar	Pepper, to taste
1 tsp Dijon mustard	Sesame seeds, toasted (optional)
1 tsp soy sauce	
1/4 tsp ground ginger	

All you do:

1. Lightly spray grill rack with nonstick cooking spray. Preheat grill to medium. 2. In small bowl, combine sugar, mustard, soy sauce and ginger.
3. Season salmon to taste with pepper and place skin-side-up on grill rack. Grill 3 to 4 minutes.
4. Turn salmon; brush with sugar mixture. Grill 3 to 4 minutes more, or until sugar melts and fish flakes easily with a fork.
5. Garnish with toasted sesame seeds, if desired.

Place the salmon on top of brown or wild rice, add a side of steamed fresh vegetables and finish the meal with this delectable dessert:



Nutrition information per serving: Calories: 195, Carbohydrate: 4g, Cholesterol: 81mg, Dietary Fiber: 0g, Fat: 5g, Protein: 10g, Saturated Fat: 31g, Sodium: 286mg

Angel Food Parfait

Serves 4

Source: Chef Robert Lewis

All you need:

2 cups diced angel food cake	1 cup strawberries
Cool Whip whipped topping, thawed	1/2 cup blueberries
Almond extract (to taste)	1/2 cup raspberries
Sugar-free chocolate sauce	Fresh mint

All you do:

1. Cut the angel food cake into 1/2-inch cubes.
2. Mix the Cool Whip with almond extract.
3. Rim the parfait glass with the chocolate sauce.
4. Place a dollop of Cool Whip in the bottom of the glass.
5. Alternate cake cubes, fruits and Cool Whip in each glass.
6. Garnish with fresh mint.

Amy Clark is the Ames Hy-Vee dietitian.

This information is not intended as medical advice. Please consult a medical professional for individual advice.

FEBRUARY calendar

SUNDAY, FEB. 1

Story Theater Company will present "Peter Pan" at 2 p.m. at the Ames City Auditorium. Cost is \$5. For information, call Mike King at (515) 239-5365.

MONDAY, FEB. 2

"A Dream Fulfilled: The Saga of George Washington Carver," composed by Iowan Michael Patterson, explores the events that shaped the destiny of the agricultural pioneer. 8 p.m., Great Hall, Memorial Union. Admission is free.

WEDNESDAY, FEB. 4

"A New Way to Save for Retirement ... Introducing the Roth Option." Find out how making Roth contributions to your 403(b) plan can help you plan for retirement, and how now there is more flexibility with retirement savings. Noon to 1 p.m., 3534 Memorial Union.

FRIDAY, FEB. 6

A wind ensemble concert is set for 4 p.m. at Tye Recital Hall, ISU. For more information, call Tammy at (515) 294-3831.

SUNDAY, FEB. 8

Celebrate Valentine's Day early at Reiman Gardens from 1 to 4 p.m. Cost is free for CoHorts' members, \$7 for the general public.

The Peking Acrobats, a troupe of China's most gifted tumblers, contortionists, jugglers, cyclists and gymnasts bring their 2,000-year-old traditional arts to Stephens Auditorium from 3 to 5 p.m. Cost is \$37 and \$33 for adults, \$20 for children, and \$20 for ISU students.

MONDAY, FEB. 9

Glaciers and Their Impact on the Iowa Landscape, a lecture from 9 to 10 a.m., Sun Room, Memorial Union. State geologist Kathleen Woida and Iowa State creative writing professor Barbara Haas will explore the impact of glacial activity on the landscape of Iowa. Cost is free.

TUESDAY, FEB. 10

"Seussical," a musical from 10 to 11 a.m. at Stephens Auditorium. Dr. Seuss' best-loved

stories collide and cavort in an unforgettable musical caper. Cost is \$4.

SATURDAY, FEB. 14

Crochet & Knitting group will meet from 9:30 to 11 a.m. in the Founders Suite at the Ames Public Library. Tweens, teens and adults are invited to crochet and knit on the second and fourth Saturdays of the month. Everyone is welcome from beginners to experts. Bring your project/supplies if you have them. Some supplies are available for beginners.

TUESDAY, FEB. 17

Madhu Gadia, the author of "New Indian Home Cooking," is offering an **Indian cooking class** in her home. The introductory class will teach you the basics of Indian cooking. The class will be from 6 to 9:30 p.m., cost is \$60 per person (includes food cost, dinner and drinks). For more information, call (515) 292-7170.

TUESDAY, FEB. 17

Floral Design Series, at 7 p.m. at Reiman Gardens. Each month learn new floral design principles while creating your own unique floral arrangement to take home. Cost is \$26 for CoHorts' members; \$32.50 for general public. Pre-registration and pre-payment are required. For more information, call (515) 294-2710.

FRIDAY, FEB. 20

"To Kill a Mockingbird," a Performing Arts Series at Stephens even, starts at 7:30 p.m., doors open at 6:45 p.m. The Montana Repertory Theatre has been producing theatre since 1967. Ticket prices are \$29 and \$33 for adults, \$18 for children, and \$20 for ISU students.

FRIDAY, FEB. 27

"The Night Thoreau Spent in Jail," by Robert Edwin Lee and Jerome Lawrence, is a two-act play based on the early life of Henry David Thoreau leading up to his night spent in jail in Concord, Mass. Curtain call is at 7:30 p.m., doors open at 6:45 p.m. Ticket prices are \$14 for adults, \$2 discount for seniors 65 and older, \$7 discount for ISU students and for children 18 and under.

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'Fireproof' is touching read

By MARISA MYHRE

With the season of love floating in the air I began looking around for books on relationships. Instead of another book about how to find your Mr. Right, I looked toward a little more romance in a realistic relationship.

"Fireproof" has been a much touted Christian movie from the same crew that made "Facing the Giants." I have heard it recommended many times which made me curious enough to pick up the book.

It is the story of a firefighter in a crumbling marriage. While he may be a hero to the men at the fire station it galls him that he can't seem to get the same respect from his wife in his own home.

Meanwhile his wife, sick of constantly bickering with her husband and his lack of care and understanding, takes comfort in talking with her friends at work and the attention she gets from an attractive doctor.

When the firefighter reveals his troubles to his father his father asks him how much he's willing to work to save his marriage. He gives his son a handwritten copy of "The Love Dare," a 40-day journey with instructions and challenges for 40

days, complete with Bible scripture.

The movie "The Love Dare" has also come out in print for anyone struggling or looking to put a little more into his or her relationship, or even just curious.

"Fireproof" does a good job of showing both sides of the story. It jumps between Catherine and Caleb, letting the reader see both sides of the story and never putting the blame completely on one party or the other. While the reader doesn't get to see the marriage collapse, it illustrates clearly the pressure the degrading relationship puts on both of them.

It is also a pretty exciting read. It isn't just a narrative of two people fighting through a difficult relationship. There are some pretty intense scenes involving Caleb saving lives as a firefighter. There are fun firehouse antics thrown in with deep philosophical discussions among men risking their lives for others.

At the same time Catherine's girlfriends give her the comfort and sounding board familiar to women in crisis. While they may not always know the

particulars or be front-and-center, they give the sense of camaraderie women would understand.

It is also very real. The complaints they have against one another aren't ground shaking. There's no adultery or abuse. They are just two very busy people that have lost touch. That don't know how to talk any more, and don't want to admit it's over but aren't ready to let go yet either.

I will tell you up front that this is a Christian book. While there is a lot of discussion on God between the men and in the firehouse and with Caleb's father as he stumbles through "The Love Dare" but I was surprised to find that the book didn't come off as preachy or overwhelming. The religious connotations seemed well placed and appropriate.

My biggest criticism of this book is that it is too short. I wanted to hear more about the happy ending, riding into the sunset and the future these two had together.

In the end I found this book to be a very real story with a very happy ending. For a good pick-me-up, this book is a touching read.

Sixth Annual MARY GREELEY MEDICAL CENTER Heart Symposium

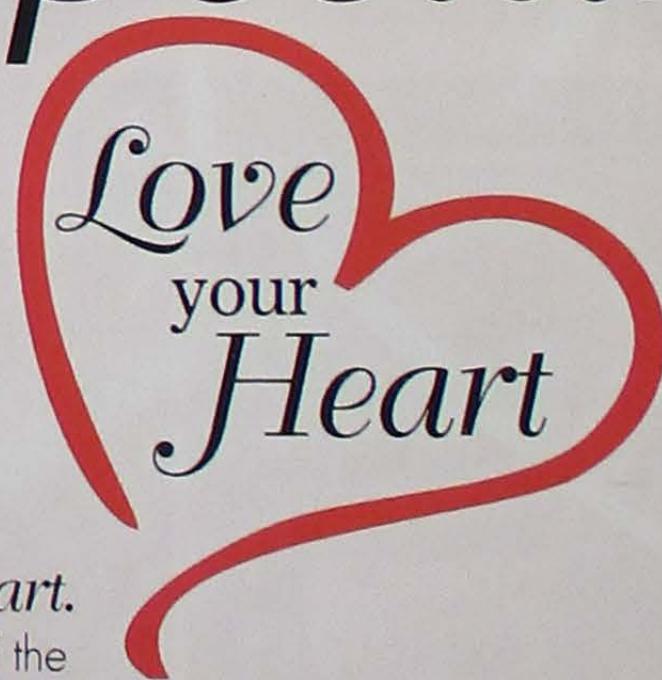
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Registration is \$8 per person. Please register by February 6, 2009. Download a registration form at www.mgmc.org and mail, together with your check payable to Mary Greeley Medical Center, to MGMC Heart Symposium, 1111 Duff Avenue, Ames, IA, 50010.

For more information, call Community Relations at 515-239-2038.

What makes a relationship WORK?

By SUE ULLESTAD

Relationships. That's a hard one. Each person in a relationship comes to it with their own personalities, quirks, upbringing, inadequacies, problems, solutions. So what makes a relationship work? What is love? Or rather, is it more of a commitment? Let's see what some of the couples I admire most say.



Couple No. 1 (married 60 years):

Lois: It helped that our parents knew each other. I did ask him if he'd go to church with me every Sunday; he said that he would. We both wanted a family. It would be harder without children, especially at the holidays. We make decisions together; we just work it out. If one does something the other one doesn't like, we forgive and forget. We got through the hard times together in our early years and that draws us together still. We went on trips together and with other couples. We went on outings together and played lots of cards with friends. Sometimes I go visiting my friends separately as I like to go more than he does. As far as advice to young people getting married, don't go to drinking parties and drink all the time. Use your common sense. Don't fight. Compromise. Let the other one have their way sometimes.

Lawrence: She smiles a lot and that helps. She liked the farm, too, and helped with the work outside. The farm was a good place to raise our kids. Kids help to pull you together. We've been a lot of places together ... London, Canada, Holland, Hawaii, the Ozarks, and Clear Lake. We help each other now. We are not alone.

Couple No. 2 (married 60 years):

Mary: We raised three children together and travel to see them and the grandchildren. We do lots of things together ... traveling, camping, visiting friends, gardening, and most importantly, going to church and Bible class together. It is important to focus on the positive and have a sense of humor. I would tell young people to think about your spouse, consider their feelings before saying or doing anything.

Fred: Advice? Love, honor, and respect your spouse, even through the hard times ... poor health, financial trouble. Stay together through "thick and thin." Both should be Christians.

Couple No. 3 (married 59 years):

Don and Margaret: We have several children, grandchildren and great-grandchildren. We love each one. We keep in close contact with them. Our love and faith in God and for each other has kept us together. We love and respect each other and speak kindly. We have gone on several vacations with family members and look back on those with fond memories.

Couple No. 4 (married 40 years):

James and Cindy: We have been truly blessed. Our marriage has been one of a shared faith in God. We enjoy doing things together ... traveling, being home, and being with family and friends. Our family, friends, and lots of traditions have made our life complete.

For a successful marriage ... We think that the man and the woman should share a common spiritual belief system. When they disagree on something, they should communicate their differences and respect each other's opinion. Recognize each other's strengths and weaknesses as well as your own. Compliment your partner often and criticize as little as possible. A good sense of humor can be especially important. Each spouse should support the other in all that they do at home, as well as at work. Sometimes this means doing things that aren't your favorite, but you do it because you love your spouse.

The most important advice to having a successful marriage is the ability to ask for and also give forgiveness. Be willing to admit when you are wrong and say you're sorry. If you feel you

were wronged, be willing to forgive and forget. A sure recipe for problems is keeping a mental ledger of all the arguments or disagreements you have had and bringing them up during an argument. Tell your spouse you love them, show them you love them, and do it often. We can never be told too often that someone loves us.

Couple No. 5 (married 33 years):

Chad and JoAnn: The forgiveness of sins and mercy of Christ is what keeps our marriage going, not what we do. We wouldn't have a marriage otherwise. God is the author of marriage ... His council is perfect.

Couple No. 6 (married 2 1/2 years):

Mike and Janet: Our relationship as husband and wife is based on friendship and God's love for us. Our recipe for a happy life together includes these four ingredients:

- Unconditional love and friendship in the good times and the bad. We truly are each other's lover and best friend.
- Common interests that allow us to enjoy each other's company as we work on home projects, attend ball games, take a walk or relax at home.
- Communication. We feel comfortable with each other to be honest and talk about anything and everything. We listen to each other with respect. We face family issues head on ... together.
- Intimacy. It helps strengthen the bond between us.

In conclusion, I see similarities in the answers and reflections given ... some common threads. Having children. Doing things together. Friends. Communication. Respect. Forgiveness. The Lord. It is tough to fight against a society that says if you aren't happy all the time or it is too hard, quit and go elsewhere. Love does turn into commitment, and then falling in love all over again with the same person. God is there to strengthen us. Remember, a three-stranded cord is not easily broken ... husband, wife, and the Lord Jesus Christ.

Girlfriend's guide to

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Money relationships

Improve yours by making small changes

By KAREN PETERSEN

"What really makes the world go round, love or money? Love is what makes life special ... but without money you are in deep trouble."

*- David Bach, author of *Smart Women Finish Rich*.*

Like a love life, your relationship with money requires a special kind of attention, care and small daily steps in order to maintain a financial life that survives and thrives.

Small changes can bring big results

Do you want to improve your money relationship? By simply focusing on one small financial principle a day, you can begin to improve your financial situation in big ways.

"Start today by musing over these 28 simple but powerful steps you can take to insure the health of your relationship with money."

Money muses for each day in February:

1. I am in control of my financial future.

Self-control is like a muscle, the more you use it the stronger it becomes.

2. I have a written "money mission" in place for 2009.

Is this the year to save more; take a trip; make home improvements; or invest for your children or grandchildren's education?

3. I have written financial goals.

Write your one-, three- and five-year goals. Read them once a month.

4. I have financial systems that work for me.

Record and track your expenses. Use paper and pencil or a computer program like Quicken.

(If you want Quicken lessons, call me!).

5. I track my assets, liabilities and net worth.

Net worth is an excellent way to measure your financial health and success.

6. I am comfortable dealing with money because I am well informed.

Being up-to-date can bring a wealth of financial health to your situation.

7. I understand the difference between needs and wants.

A need is essential to living, such as: clothing, food, shelter.

8. I have enough money for everything I need.

If this is hard for you, write what you do not have that you really need. The list will likely be short.

9. I am responsible for my own financial decisions.**10. I do not listen to negative messages about money.**

Create financial health by what you focus and act on.

11. I give myself credit for financial successes.

Keep a list of the times you employ a financial lesson that brings solid results.

12. I do not define my needs based on someone else's lifestyle.**13. I enjoy learning about investments.**

Knowledge = real power.

14. I rely on my instincts to make good money decisions.**15. I learn the rules of the investing world.**

Anticipate the bear market (stock investments are down). Look forward to the bull market (stock investments are up).

16. I spend less than I earn.**17. I plan for a rainy day.**

Have six months of living expenses saved.

18. I give to my community.

Donate to causes you believe in. Share your time as well as your money.

19. I have a good understanding about investments.

Plan time to learn more about investments.

20. I edit my self-talk about money.

When re-examining your financial lifestyle, "I need" can often be replaced with "I want, and it can wait."

21. I can deal with the likes of car repairs or a leaky roof and manage the unexpected.

Learn enough to feel confident that you can rely on yourself and question advice, especially in areas traditionally considered a male domain.

22. I ask for a second opinion.

You can question "experts." Blind trust can be very expensive.

23. I can negotiate with confidence.

Negotiating about money can be uncomfortable. Practice and learn the art of negotiating.

24. I love my job.

It is hard to feel successful if you do work you dislike. You may have learned to look for sensible and safe employment. Instead, look for a career that evokes passion.

25. I understand that the value of money is what it provides for me.

What kind of a life do you want to live? How can I manage my money to create that life?

26. I evaluate all purchases based on my written goals.**27. I have two categories for my expenses: essential and discretionary.****28. I work with a well-trained financial advisor that has my best interests at heart.**

Whether working with a financial advisor for small questions and concerns, or large, (like those to help you manage your investments in our ever-changing economy), the benefits in paying for the services of a financial advisor may far exceed the cost.

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Shrimp scampi

an elegant and healthy meal

By JOLENE PHILO

This month, I almost pushed aside my resolution to cook healthier meals in 2009 while planning our Valentine's Day dinner. But during a recent visit with our son Allen, who was observing a Russian Orthodox, meatless fast, he introduced us to several delicious seafood dishes. Our favorite was shrimp scampi, which was surprisingly simple to prepare. Allen added color and texture by throwing chopped red peppers and dried cranberries in at the last minute. The main dish was beautiful and bursting with flavor.

With this simple recipe for shrimp scampi, you can create a delightful Valentine's Day treat for the special people in your life, too. What a great way to encourage healthy food choices and healthy relationships!

Shrimp Scampi

1 1/2 pounds shrimp, shelled and deveined
 3 tablespoons butter
 salt and pepper
 2 cloves garlic, minced
 2 teaspoons chopped parsley leaves
 1/4 cup lemon juice (fresh-squeezed, if possible)

1/4 cup dry cooking sherry or dry white wine
 1/2 teaspoon grated lemon zest
 1/2 cup chopped green onions
 1 tablespoon chopped, sweet red pepper
 1/8 cup dried cranberries

Wash shrimp and pat dry. Season with salt and pepper. Heat butter or oil in large skillet over medium heat. Add shrimp and cook until pink. Do not overcook. Remove from pan and place on serving platter. Sauté garlic, green onions, and sweet peppers for about a minute. Add sherry or wine and lemon juice. Cook and stir until liquid boils, scraping up any brown bits in the pan. Stir in lemon zest, cranberries and chopped parsley. Pour sauce over shrimp and serve over rice or linguini.

PERFECT RICE EVERY TIME

Years ago, my mother taught me this foolproof method for cooking rice. According to her, the secret is to never take the lid off the pan while the rice is cooking. Here's her recipe:

Put 1 cup rice and 1 1/2 cups water in a saucepan. Set uncovered pan on high heat until mixture begins to boil. Turn heat to low, cover pan, and cook for 20 minutes. For sticky rice, immediately remove from heat and serve. For dry, fluffy rice turn off heat and let pan sit for 5 – 10 minutes before serving.

PERFECT PASTA EVERY TIME

Follow the directions printed on the package, and your pasta will come out just right. My rule of thumb is to let it boil on the low side of the given time range. Drain cooked pasta, put it in a bowl, and toss it with a tablespoon of olive oil before serving.

No matter what your situation is The Ames Contracting Team can help...



"It's the fantasy of every woman I know to have a space where she can create, walk away and shut the door and come back again later," said Gerri Bugg. Last year, Bugg made her fantasy reality when she called upon the Ames Contracting Team to build her a beautiful new art studio.

For years she and husband Jack Winkler had discussed replacing their 90 year old garage. Bugg suggested adding an art studio as part of the project, "and my husband was kind enough to agree," she laughed.

Choosing a contractor was easy for the couple. As owner of Winkler and Sons Painting, Jack Winkler had worked on many projects with Geisinger Construction and Gibbs Plumbing and made the decision to trust them with his own home. Bugg was happy with the decision. "I had a lot of really specific things I wanted and they listened and were ready and willing to make changes."

Counter height was important to Bugg who

uses the studio for stained glass art. She also needed as many outlets as possible for her tools and lots of natural light. ACT answered those practical concerns and addressed the aesthetic ones as well. "Natural light floods in through the French doors," Bugg described. "It overlooks the garden. I can work and look out at the chickadees and coneflowers and you feel like you are in the garden." She couldn't help but mention the paint job. "My husband did it himself," she smiled. "The paint job is part of the spectacularness of it."

As director of community, youth, and family development for YSS, Bugg has a job that is at times emotional and stressful. Having a place to relax and nurture her artistic talents important. "It is so nice to have a place to get away," she said. Heart surgery last summer delayed her move into her new studio but by fall she was settled and all the more appreciative of her unique oasis. "It's peaceful. I am so excited to go in and create."

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Name: Alexandra Hayne

Age: 54

Position: Editor, The Tribune

Family: Daughter Rachel Hazen, 23
(and son-in-law Eric Hazen, 26); sons
Michael Egan, 20, and Sam Egan, 17



1. Your favorite meal: Grilled salmon, broccoli, rice pilaf, and a nice red wine.

2. Craziest fashion you ever wore: Dresses I made out of Indian bedspreads from the import store back in the '70s.

3. I never leave home without: My cell phone.

4. Your favorite motto: Our family actually has an official motto — "Brains, heart and guts." That's pretty much all you need in life.

5. What makes you happy?
Spending time with my kids.

6. What makes you feel confident?
Knowing that, at this point in my life, I know exactly who I am.

7. What makes you laugh? The absurd.

8. What have you accomplished that has made you proud? I think I raised good kids, and have, against all odds in this economy, landed at my dream job.

9. Do you believe in New Year's resolutions? Do you have one this year? I've given up on those. I never did fulfill them.

10. Best tip to look and feel great:
Dance!

11. How do you take care of yourself financially? I've got a 401(k) and some investments.

12. If you could do or be anything you want, what would it be? I have always wanted to be a volunteer builder for Habitat for Humanity.

13. If you knew then what you know now, what would you have done differently? I would have started saving for retirement a lot sooner.

14. How do you reward yourself?
With a new murder mystery to read.

15. My idea of a nightmare job:
Anything that is the same every day. I get bored easily.

16. My simplest pleasure: My morning coffee.

17. I crave: See No. 16

18. I secretly love: Sappy romantic comedies.

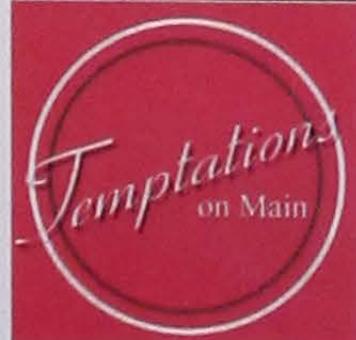
19. When I am an old lady: I will take long walks every day.

20. I am thankful for: As a cancer survivor (malignant melanoma), I am thankful for every day.

21. Favorite wardrobe staple: My trusty black suit.

22. What financial advice would you give other women? See No. 13, above.

23. How do you give back to your community? Mostly by donating money through United Way and to other causes.



What is your favorite kind of chocolate?

ALEXANDRA HAYNE

I'm a dark-chocolate person all the way, and I have some every day.

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From left, Mike, Colleen, Kathleen, Lynn, Tim, Michelle, Ann, Lori, and Maureen. Not pictured, Mary Beth.

Brothers & Sisters

By ANN GREEN

Much has been said about sisters; songs have been sung and stories written. Coming from a family with eight girls, I have spent a fair amount of time among sisters. We've laughed and played and battled together. We've talked through the night and driven across the country to help each other. But this story isn't about my sisters; it's about my brothers. My parents had 10 children, eight girls and two boys. And, unfortunately, my brothers sometimes ended up with the short end of the stick.

Like many Midwest farming families, our workloads were divided in a fairly traditional manner; boys did the outside work and girls did the inside chores. Don't let me mislead you, I have baled hay, weeded weed patches and watched the gate while Dad fed the cattle (though I don't know why he insisted that I, a true-blue chicken, monitor the gate since I let out more cows than I can count) but that is a mere pittance of what my brothers had to do. A few simple math calculations will tell you: all the farm chores divided by two boys does not equal all the house chores divided by eight girls (especially since Mom took care of most of the laundry and cooking duties).

Inequalities didn't end with chores, the boys didn't stand a chance when it came to quality bathroom time — especially with us girls teasing, curling, combing and spraying our stick-straight hair in a valiant attempt to recreate the "Farrah Fawcett" look. Sure, there were fights over the bathrooms (and the telephone, too) but the simple truth was it took us longer to get ready than the boys. So we got the bathroom, and that's not all.

Mike is the oldest. I'm sure being the oldest came with perks, but his position carried a lot of responsibility. In my earliest memories Mike was already a teenager — he seemed so grown up. Tim is the fifth child and six years younger than Mike. I hope they

overcame the age gap. I hope they talked and planned and dreamed together because that's what I got to do. Between us girls, our late night gab sessions are infamous. We snuggled down in bed and talked till the moon was high, or nestled into the hand-me-down chairs in the basement family room to catch up on the latest gossip. Talking is an art amongst us girls (I didn't become a master on my own). Mike and Tim didn't stand a chance.

Instead, they played basketball. But the hoop was over a gravel driveway and we lived in Iowa. I have to believe with the snow and mud and freezing and thawing, the hoop had to be out of commission a good many days of the year. I hope they played other games, but I don't remember it. But I played. Lynn, Colleen, Michelle, Lori and I spent hours playing our made-up games. What a luxury in our large, busy family.

And we're still busy, all of us. We're raising our own children, pursuing some of the very dreams we talked about, and living our lives in all parts of the country. Phone calls and e-mails keep us connected. But even here, I'm afraid my brothers are short changed.

See, I could ramble off the smallest details of my sisters' lives: the last three colors Michelle has painted her bathroom cabinets in her struggle to update her master bath on a budget, the name of the coffee shop Maureen likes to visit, and the date and time Lori put up her Christmas tree. But sometimes I redeem myself. I happen to know when Tim put up his tree this year.

Actually, I stumbled upon this little detail. He'd just finished decorating the tree when I called him one December evening. I was in a pickle. I was working on my story and had come to a stand-still. I needed some advice and we talked and talked. We talked our way through childhood memories until we found

the answer to my problem. And maybe that sums up my brothers and sisters.

We've all had our ups and downs and we have tried to be there for each other. For two boys in a sea of girls, I'm sure it's not always been easy. But I want my brothers to know, no matter what end of the stick they are on, they have made a world of difference to me.

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hue & cry

By MARY HALSTRUM, *Facets Editor*

Valentine's Day is a day to celebrate the loved ones in our lives. However, we shouldn't wait until Feb. 14 to remember those most important to us. Every day we need to make it a point to appreciate our family and friends. I know, I know, that's easier said than done as we get bogged down and busy with our day-to-day lives. But it is very important to let those closest to us know how much they mean to us every day, not just on holidays, anniversaries, birthdays and Valentine's Day.

We all have families and we all love them dearly. The relationship we have with each and every member of our

families is unique. Around my husband I might be strong-willed and independent, but around my mother, I might be less so since she is even more strong-willed and independent than myself. Around my father, I might be daddy's little girl, but around my brother Mike I'm sometimes still that little sister from his childhood who followed him around wherever he went, and tattled to mom and dad whenever she could. To my children, I'm just "mommy."

I'm extremely close to my family. I think I always have been, but even more so since I moved back to Iowa from Southern California nearly three years ago. After being so far

away from my family for so long, only seeing them once or twice a year, I appreciate them more now than I ever did. I'm sure some of that is an age thing, and having children myself makes me understand just how much my parents love me now and always have. But some of it is just who I am. Frankly, I would rather spend time with my entire family than with anyone else. My husband jokes with me that if I could live in a big house with my entire family, sort of like a commune, I would. Maybe he's right. But I don't think there's anything wrong with that. In the world we live in today, what's wrong with having a close-knit family?

On New Year's Day my brother Joe came over to our house to watch football. We were talking about something, I can't even remember what, and he looked at me and said, "Do you ever think about what it's going to be like when Mom and Dad die?" I looked at him and said very calmly, "I'll be on medication, so I'll be OK." It was an off-the-cuff remark, but probably not too far removed from the truth. Surviving the death of my three parents is quite unimaginable to me. I know everyone goes through it eventually, but I just don't think I'm ready for that inevitable event to happen. Unfortunately nobody can stop Father Time. My mother is 70, my father is 74, and my stepfather is 63. I think of their mortality a lot more than I used to. After all, they're not getting any younger. Even though I've hit the big 40, I feel way too young to be an orphan. Technically I wouldn't be an orphan since I'm older than 18, but it will feel like I am. Hopefully my parents will last another 20 or so years, and by then I'll be 60 and more

prepared for them to move on. Or maybe I won't.

A couple of weeks ago, my oldest brother and I were talking, and I made the comment about how raising children was harder than I thought it would be. He asked, "Then why did you have two of them?" I replied, "When their parents are gone, they'll still have each other. That thought comforts me." I never considered having only one child. Never. Grant it, having only one child might be easier on my energy level and my pocketbook, but I also think it would be lonely for my oldest daughter and our family. I know there are plenty of happy, well-adjusted only children out there. It's just not what I wanted for my Katharine. I had two siblings and I wanted our daughter to have at least one sibling too.

So even though my mom drives me crazy with her daily comments about my lack of cooking skills and the inability to get my youngest daughter potty-trained quicker, I will still miss talking to her every day either by phone or in person. And even though my stepfather is "never wrong," I will miss his hugs and sly smile every time my mom is yanking my chain. And I will miss being daddy's little girl because that spot in his heart was all mine. But when my parents are no longer here, I will still have my brothers to share my childhood memories with. And that means more to me than I could ever say.

So maybe I am a "little too close" to my family, but I wouldn't have it any other way. Since we can't pick our family, I've learned to value the wonderful, beautiful things about each member of my family and leave the rest behind. After all, nothing's perfect.

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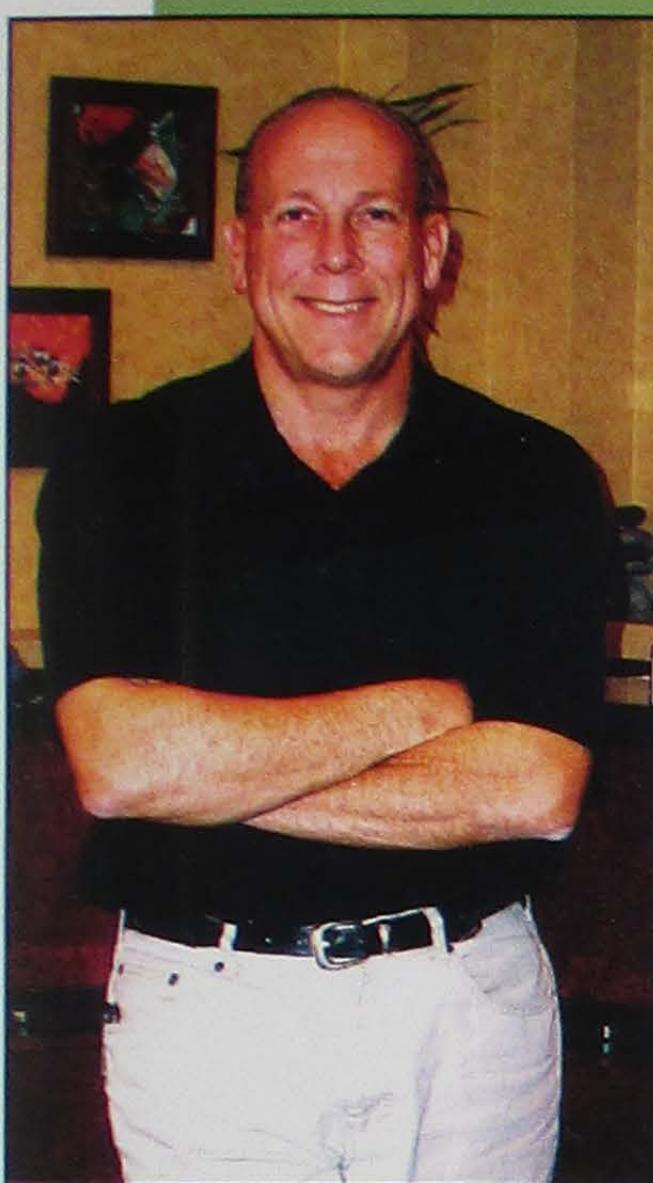
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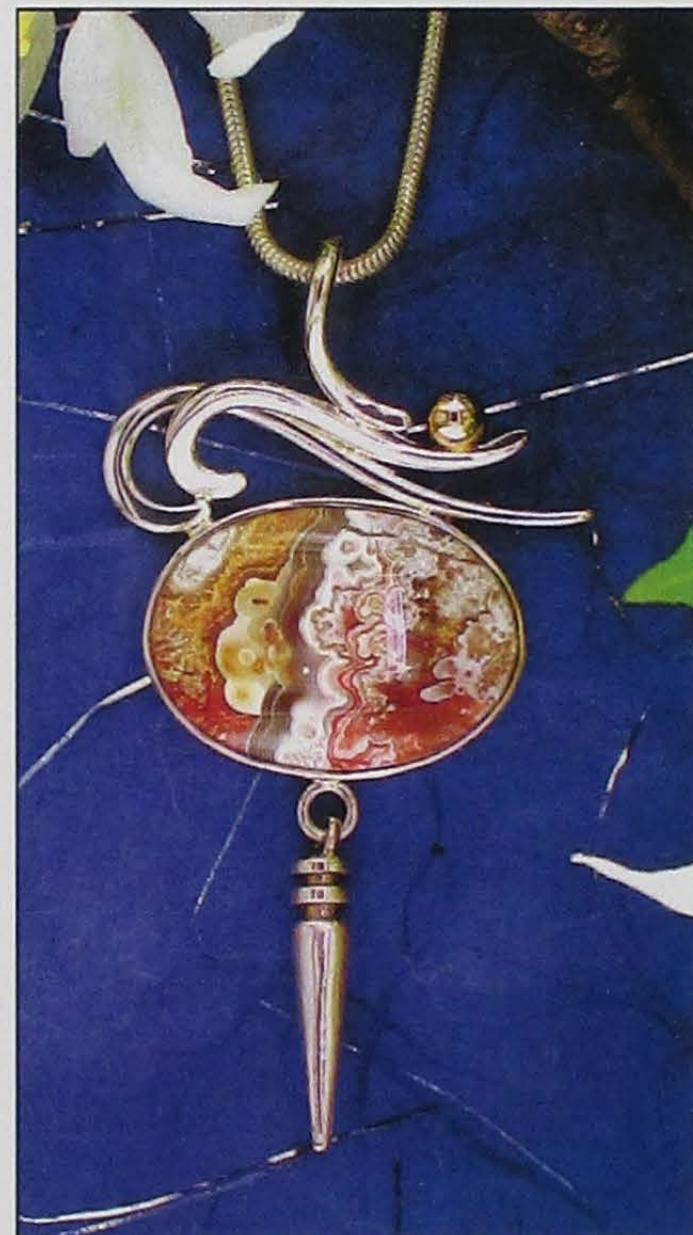
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gary youngberg

The last three months, I've been privileged to feature Dave Anderson, Kirk Youngberg, and Scott Sorem and showcase some of the beautiful jewelry they make at Ames Silversmithing. This month it's my turn and I'd like to say "thank you" to Ames and the surrounding communities for supporting our vision and making Ames Silversmithing our dream come true!



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